

Oatmeal Fruit Muffins³⁰

Number of Servings: 30 (70.58 g per serving)

Amount	Measure	Ingredient
3.00	cup	Oats, rolled, #5, non-gmo, dry
3.00	cup	Buttermilk, low fat, 1%, cultured
3.00	ea	Eggs, whole, raw, lrg
1 1/2	cup	Sugar, brown, packed
1/2	cup	Oil, Natural Blend, veg canola & sunflower
1/2	cup	Applesauce, unswtnd, w/vit C, cnd
3.00	cup	Flour, whole wheat
1.00	Tbs	Baking Powder, double acting
1 1/2	tsp	Baking Soda
3/4	tsp	Spice, cinnamon, ground

Nutrients per serving

Nutrition Facts	
Serving Size (71g)	
Servings Per Container	
Amount Per Serving	
Calories 170	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 160mg	7%
Total Carbohydrate 28g	9%
Dietary Fiber 3g	12%
Sugars 12g	
Protein 4g	
Vitamin A 0%	Vitamin C 2%
Calcium 6%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Notes

Combine rolled oats and buttermilk. Let stand 1 hour in refrigerator.

Add rolled oats and buttermilk to mixer bowl and add eggs, brown sugar, applesauce and oil. Mix 30 seconds. Scrape sides of bowl.

Combine dry ingredients. Add to rolled oats mixture. Mix on low speed only until dry ingredients are moistened. Fold in any optional fruit if desired (ie, raisins, blueberries or other fruit or nuts).

Portion batter with #16 scoop into sprayed or papered muffin pans (2/3 full). Bake at 400 degrees F for 15-20 minutes until toothpick placed in and out of center is not doughy. Remove from pans and serve. If baked a day ahead or leftover, store in covered plastic container or plastic bag.

* 1 cup dry buttermilk and 5 c. water may be substituted for liquid buttermilk